

JUNE 2011 FREDERICK SENIOR CENTER ACTIVITIES

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
AARP DRIVING CLASS JUNE 2-10:00-3:30- Cost: \$5.00-AARP members \$7.00-Non-members To register 301-600-1605	<u>SPECIAL LUNCH</u> JUNE 16 POT ROAST BRISKET <u>EVENING PROGRAM</u> "Will my Money Last as Long as Me?"-5-7pm	1 9:00-Strength Training 11:00-M&M Exercise 12:30-Blotter Bingo 12:30-Bridge/Pinochle 12:30-Zumba Gold*	2 9:00-Quilting 10:30-AARP class 11:00-Strength Training 12:15-Chair Yoga* 12:30-Picnic-Catoctin <u>Creek Park</u> 1:30-Knitting	3 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold*
6 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class 2:30-Book Club	7 11:00-Strength Training 12:15-Chair Yoga* 12:30-Bingo 12:30- Mah Jongg 1:30- Line Dancing*	8 9:00-Strength Training 11:00-M&M Exercise 12:30-Stress Management/ <u>Wellbound of Fred.</u> 12:30-Bridge/Pinochle 12:30-Zumba Gold*	9 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-Garden Therapy 1:00-Bookmobile	10 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold*
13 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	14 11:00-Strength Training 12:15-Chair Yoga* 12:30-Bingo 12:30-Mah Jongg 1:30-Line Dancing*	15 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 12:30-"A Time To Talk" 12:30-Bridge /Pinochle 12:30-Zumba Gold*	16 9:00-Quilting 11:00-Strength Training 12:00-Special Lunch 12:15-Chair Yoga* 12:30-Music by Gene Serge 1:30-Knitting	17 9:30-Strength Training. 12:30- Canasta
20/27 9:30- Strength Train. 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	21/28 11:00-Strength Training 12:15-Chair Yoga* 12:30-Bingo 12:30-Mah Jongg 1:30- Line dancing*	22/29 9:00-Strength Training 11:00-M&M Exercise 12:30-22 nd -"Music & Your <u>Mental Health/Meg</u> <u>Motter</u> <u>29th/"Finding the</u> <u>Right Doctor/Steve</u> 12:30-Bridge/Pinochle	23/30 9:00-Quilting <u>NO STREN. TRAINING</u> 11:00-30 th -Strength Training 12:15-Chair Yoga* 12:30-23 rd / <u>Emergency</u> <u>Preparedness/Kitty</u> <u>30th/ Music/Ralph Cann</u> 1:00-23 rd /Bookmobile	24 <u>NO STRENGTH TRAINING</u> 12:30-Zumba Gold 12:30-Canasta

FREDERICK SENIOR CENTER-1440 TANEY AVE., FREDERICK, MD. 21702-301-600-1605

LINDA MCGINNES-COORDINATOR 301-600-3525 WWW.FREDERICKCOUNTYMD.GOV/DOA

MEAL RESERVATIONS-DEB AYERS-301-600-1048-48 HOURS IN ADVANCE

HOURS-M-F-8:30-4:00